

# Missouri WIC Program

## Certification Information

Today you and/or your infant/child are being certified to participate in the WIC program. WIC benefits include nutrition education, checks for nutritious foods and referral to other health programs. Certification occurs about every 6 months required by state and government guidelines. As a health program, WIC staff is required to tell you or give you at each certification appointment the following information.

- ✓ **WIC is a supplemental food and nutrition education program.**
- ✓ **WIC staff is required to provide a complete referral list including substance abuse information.**
- ✓ **Early prenatal health care and/or continuing health care for your infant/child is very important in keeping our family healthy.**
  - Don't forget to keep your child's immunizations up-to-date.
- ✓ **WIC staff is required to tell you about the nutritional value of your supplemental food package.**
  - WIC foods include nutrients like: Iron, Protein, Calcium, Vitamins A, C, & D, Folate, B6, Zinc and Fiber.
- ✓ **WIC staff is required to tell you the medical or nutritional reason that makes you eligible to participate in the WIC program.**
- ✓ **WIC staff is required to explain the advantages of breastfeeding to you, if you are pregnant.**
  - We encourage all women to breastfeed due to its numerous benefits to both mom and baby! Here are a few reasons why: fewer ear infections, less respiratory illness, less diarrhea/constipation, convenience, saves money and improves post-partum weight loss.
- ✓ **WIC staff is required to work with you to set a nutrition goal. The goal you have chosen today is:**
  
- ✓ **Goal met from last visit:**